

Resource guide for City of Minneapolis employee benefit programs

Program	Description	How to access
Medica		
Health insurance	<p>The City of Minneapolis offers a fully insured medical plan through Medica that pays medical and pharmacy claims, contracts with providers, manages networks, and provides support services.</p> <p>By accessing the Medica website at www.mymedica.com, members are able to:</p> <ul style="list-style-type: none"> • Find physicians and hospitals. • View information on prescription drugs. • View benefits and claims information. • View Explanations of Benefits (EOBs). • Print and/or order temporary ID cards. • Access the My Health Rewards wellness portal (see next section). 	<ul style="list-style-type: none"> • Customer service: 1-800-952-3455. • Hours of operation: 8 a.m.- 8 p.m., Monday-Friday. 9 a.m.-3 p.m., Saturdays. • Online access 24/7 at www.mymedica.com.
My Health Rewards wellness portal	<p>Members (age 18+) are encouraged to complete the Compass health assessment the first time they visit the portal. The results create recommended Journeys with wellness information for each individual based on the member's needs and level of engagement. Members can follow a different path, should they choose to do so.</p>	<ul style="list-style-type: none"> • Access the My Health Rewards wellness portal 24/7 by clicking on the Health and Wellness tab at www.mymedica.com. • Paper copies of the Compass health assessment, some of the Journeys and the biometric screening can be requested by calling 952-945-8000 or toll-free at 1-800-952-3455.

Resource guide for City of Minneapolis employee benefit programs

Program	Description	How to access
Medica		
Care management programs (by invitation only)	<ul style="list-style-type: none"> • Sorting it Out: Partner with a Medica health coach to sort through treatment options for your back, knee or hip. Conversations are free and confidential. • A Care Team for You: Partner with a registered nurse and a health coach at Medica to discuss your unique situation and address your health-related questions. Together, you can create a plan, set goals and work at your own pace to achieve positive results. • Support When You're Expecting: Partner with a registered nurse at Medica to receive additional tools and resources to manage your pregnancy every step of the way. • When Things Get Complicated: Partner with a registered nurse at Medica to gain a better understanding of your condition, discuss treatment options and learn about available resources. 	Members are invited to participate in these programs via the Medica Care Management team. The invitation may be the result of a request by a physician or other health care professional or call to the Nurseline or Medica's customer service that a member makes for assistance with a particular question. It also may be a follow up to a recent hospitalization or other event that Medica learns about through a member's medical claims.
OptumHealth		
Employee Assistance Program	<p>Free help with life and work-related issues, crisis intervention, family challenges, relationship issues, personal/emotional issues, alcohol and drug dependency (including co-dependency), and disease-related issues such as coping with a chronic or terminal disease. Also offers:</p> <ul style="list-style-type: none"> • Telephonic consultation for any member of the household. • Up to three in-person counseling visits per issue, per year. • Legal and financial consultation. • Referral to child/eldercare services and community support/self-help groups. • Convenience services that help find local resources such as plumbers, roofers and other services for the home. • Consultation for managers on work-related issues. 	<ul style="list-style-type: none"> • Call master-degree level counselors 24/7 toll free at 1-800-626-7944. • Online access 24/7 at www.liveandworkwell.com with the access code: MEDICA.

Resource guide for City of Minneapolis employee benefit programs

Program	Description	How to access
CIGNA		
Life insurance, accidental death and dismemberment insurance, and long-term disability benefits	<p>Find descriptions of life insurance, accidental death and dismemberment insurance, and long-term disability benefits at www.minneapolismn.gov/hr/benefits/. Cigna also offers services for:</p> <ul style="list-style-type: none"> • Identity theft: provides a telephonic resource and materials to assist members in preventing, detecting and resolving identify theft. • Will preparation: online tool that allows members to build state-specific customized wills and other legal documents such as last wills, living wills and power of attorneys. • Secure travel assistance: provides special help for emergency medical, financial, legal and communication issues when you travel. 	<ul style="list-style-type: none"> • Visit www.myCigna.com or the myCigna mobile site to: <ul style="list-style-type: none"> ○ Learn about your benefits. ○ Search claim status and payment information. ○ View available wellness related programs and health education information. • Disability benefits: Call 1-800-36-Cigna to apply. <ul style="list-style-type: none"> ○ Hours of operation: 7 a.m.-7 p.m., Monday-Friday. • Identity theft help: Call 1-888-226-4567. • Will preparation help: Visit CignaWillCenter.com. • Secure travel help: Call 1-888-226-4567.
WageWorks		
Flexible spending accounts, HRA/VEBA and commuter plans	Recordkeeping and claims processing for flexible spending accounts, HRA/VEBA and transportation plan.	<ul style="list-style-type: none"> • Call customer service at 1-855-428-0446. <ul style="list-style-type: none"> ○ Hours of operation: 7 a.m.-7 p.m., Monday-Friday. ○ Interactive voice response option available 24/7. • Visit www.wageworks.com to: <ul style="list-style-type: none"> ○ View account activity. ○ Submit claims. ○ Review eligible expenses. • Download the EZ Receipts mobile app.

Resource guide for City of Minneapolis employee benefit programs

Program	Description	How to access
Delta Dental		
Dental benefits	<p>The City offers eligible employees and their dependents dental insurance through Delta Dental of Minnesota.</p> <p>Hearing program: As an additional service, Delta Dental Partners with Amplifon to offer free hearing aid discounts with guaranteed lowest pricing and 2 years of free batteries.</p>	<ul style="list-style-type: none"> Visit www.deltadentalmn.org to: <ul style="list-style-type: none"> Find dentists. Learn about your coverage. Request an ID card. Conduct claims inquiry. Access Oral Health microsite at www.thesmilefiles.org. Call customer service at 1-800-553-9536. <ul style="list-style-type: none"> Hours of operation: 7 a.m.- 7 p.m., Monday-Friday. Call Amplifon at 1-877-443-2776. Visit www.deltadentalmn.org/amplifon.
Minnesota State Retirement System		
Minnesota Deferred Compensation Plan	<p>The Minnesota Deferred Compensation Plan (also called MNDCP) allows employees to set money aside to save for retirement. Employees can choose to contribute pre-tax or after-tax dollars.</p>	<ul style="list-style-type: none"> Visit www.msrs.state.mn.us/mndcp to: <ul style="list-style-type: none"> Learn about the plan, its investment options and how to enroll. Get retirement planning information. Make contribution and investment changes. Call customer service at 651-296-2761. <ul style="list-style-type: none"> Hours of operation: 8 a.m.-4:30 p.m., Monday- Friday. Email info@msrs.us. Individual counseling: Contact David Wrightsmith at 612-964-8094 or david.wrightsmith@msrs.us to make an appointment: <ul style="list-style-type: none"> 9 a.m.- 4 p.m. Thursdays, Room 100 at the Public Service Center, 250 S. Fourth St. Weekdays at the MNDCP office in Saint Paul, 60 Empire Drive, Suite 300.

Resource guide for City of Minneapolis employee benefit programs

Program	Description	How to access
Public Employee Retirement Association of Minnesota		
PERA pension	Provides pension, disability and survivor benefits that are based on earnings history and covered service (with the City and with other public employers). Both employee and employer contribute a percentage of an employee's pay to fund future benefits. Contribution rates are set by State law.	<ul style="list-style-type: none"> • Call customer service at 651-296-7460. • Visit mnpera.org to: <ul style="list-style-type: none"> ○ Access the MY PERA online portal for a benefit estimate and to verify your service credits. ○ Read history and news alerts. ○ Learn about eligibility and contributions. ○ View the member handbook for the various PERA pension plans.
Minnesota Employee Recreation & Services Council (MERSC)		
MERSC discounts on entertainment, products and services	City of Minneapolis employees and retirees, as well as their immediate family members, are eligible for discounts on entertainment, theater tickets, and other products and services.	Visit the MERSC website at mersc.org .
Health Club Discounts		
Health club discounts	<p>Employees are eligible for discounts at the following health clubs:</p> <ul style="list-style-type: none"> • Life Time Fitness. • Snap Fitness. • CorePower Yoga. • 501 Fit. • Ivy Spa and Fitness Club. • Calhoun Beach Club. • YMCA. 	Visit minneapolismn.gov/hr/benefits to learn more about gym discounts and enrollment information.